

SIX-HOUR LIVE WEBINAR

Fri., Feb. 19, 2021

(REGISTRATION FORM)

Healthy Body, Healthy Mind: A Mindful Approach to Integrative Healing

LIVE WEBINAR: Fri., Feb. 19, 2021, 9:30 AM – 4:40 PM, (Eastern Time)
or 8:30 AM – 3:40 PM, (Central Time)
or 6:30 AM – 1:40 PM, (Pacific Time)

___ \$83 – Pre-Registration Rate: Live Webinar with 6 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

*Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

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There are four ways to register:

- 1) **Internet:** www.INRseminars.com
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820
Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6 contact hours for nurses. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026), the Iowa Board of Nursing (#288) for 6 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 7.2 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 6 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-18-034-L04-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 143394 and Performance Indicators: 8.3.7. CPE Level: I.



PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs.

MENTAL HEALTH COUNSELORS & ADDICTION COUNSELORS

Institute for Natural Resources (INR) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #00088989 and Approval #TRN2360001, CRCC has approved this course for six contact hours. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

This program is approved by the National Association of Social Workers (Provider #886502971-9950) for 6 social work contact hours. Institute for Natural Resources (INR), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. The California Board of Behavioral Sciences will accept courses approved by NASW. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 6 continuing competency units. The New York State Dept of Education has approved INR as a sponsor of continuing physical therapy education. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 6 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.



OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

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SCHEDULE

Please see the Registration Form for the seminar schedule. Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:
P.O. Box 5757, Concord, CA 94524-0757
Customer service: 1-877-246-6336 or (925) 609-2820
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E-Mail: info@inrseminars.com; website, www.INRseminars.com
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Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

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Frequently Asked Questions

Q: How can I take this Webinar?

This Webinar can be taken in as a live Webinar.

Q: What do I have to do to complete the live Seminar/Webinar successfully?

To obtain the 6 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How long does it take to receive a Seminar/Webinar Completion Certificate?

At a live seminar, certificates are given out at the end of the seminar. With all other presentations (e.g., electronic), receipt of the certificate typically takes 3 to 5 days after all materials are submitted.

Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar (in effect a live broadcast of a seminar)?

You will receive a voucher equal to the tuition paid. This voucher will be good for a future seminar or Webinar. The voucher is good for one year.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at <info@inrseminars.com> or at 1-877 246-6336. The customer-service office can tell you if INR has approval for your profession.

PROGRAM/LECTURE

7:45 AM to 8:30 AM – Registration

8:30 AM to 10:00 AM – Morning Session

- **Mind-Body Medicine:** A Holistic Approach to Mental and Physical Well-being.
- **The Biopsychosocial Model of Mental and Physical Health:** How Brain-Based Behavior Is the Connection Between the Social Environment and the Body
- **Integrative Mental and Physical Healing:** Blending Conventional and Complimentary Approaches.
- **Top Ten Types of Integrative Care:** Self-Care and Wellness Trends in America.
- **Complementary and Alternative Medicine (CAM):** Mind-Body Therapies, Body Work and Manual Therapies, Natural Products, Traditional Healing, Bioenergetics, and Diet.
- **Wellness vs. Treating Disease:** Preventative Behavioral Practices Producing Healing-focused, Patient-Centered Care.
- **Integrative Health Trends in Conventional Medicine:** Holistic Nursing—A Case for CAM.
- (Practice Session: Breathing Basics, Mind-Body Movement, Relaxation Response)

10:00 AM to 10:10 AM – Break

10:10 AM to 11:30 AM – Mid-Morning Session

- **Evidence of Efficacy:** Of Placebos and Proof in CAM Research.
- **Natural Isn't Always Better:** A Cautious Approach to Mixing CAM and Conventional Therapies.
- **Choosing a Practice and a Practitioner:** What Types of CAM are Right for You?
- **Mindfulness and Mental Health:** Targeting Emotions, Mood, and Affect.
- **Mind Over Social Stressors:** Mindfulness-Based Stress Reduction.
- **Mind Over Meds:** The Case for Mindful Interventions in Conventional Care.
- **Mind Over Matter:** Mindful Protocols in Pain Management, Symptom Control, and Treatment.
- (Practice Session: Body Awareness, Mind-Body Integration, Meditative Breathing Practices)

11:30 AM to 12:20 PM – Lunch

12:20 PM to 2:00 PM – Afternoon Session

- **Meditation and Longevity:** Postponing Age-related Cognitive Decline and Degenerative Diseases.
- **Three Types of Meditation:** Clinical Targets and Research Outcomes.
- **Four Steps to Mindfulness:** Establishing a Clinical Meditation Practice.
- **Four Phases of Mind Wandering:** Taming the Default Mode Network.
- **Four Stages and Ten Levels of Practice:** A Step-by-Step Guide to Meditation.
- **Temporary States vs Altered Traits:** Extending Short-term Gains into Lasting Benefits.
- **Mindfulness and Relaxation:** Muscular Tension and the Mindful Response.
- (Practice Session: Mindfulness Meditation, Improving Focus, Therapeutic Stretching)

PROGRAM (cont.)

2:00 PM to 2:10 PM – Break

2:10 PM to 3:40 PM – Mid-Afternoon Session

- **Controlling the Breath:** Focus, Relaxation, and Mind-Body Integration.
- **Meditative Movement:** Flow Psychology, Attentional Focus, and Mind-Body Integration.
- **Expanding the Mindful Experience:** Alternatives to Sitting—Standing and Walking Meditation.
- **Compassion Meditation (Metta):** Positive Self-Reflection and Strengthened Social Connections.
- **Taking Control of Your Health:** Self-Care, Empowerment, and Prevention.
- **Making Good Mental and Physical Health Your Lifestyle:** Better Habits for Better Health.
- (Practice Session: Flow Exercises, Compassion Practices, Alternative Mindful Techniques)

Evaluation, Questions, and Answers

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) discuss the role of mind-body medicine as a holistic approach to mental and physical wellbeing.
- 2) define how integrative medicine blends conventional and complimentary approaches to healing.
- 3) explain integrative, patient-centered and healing-oriented care: Wellness vs. Treating Illness.
- 4) describe complimentary healing approaches, such as traditional medicine, supplements and botanicals, and mind and body practices.
- 5) review mindful techniques and practices that increase focus, facilitate body-mind integration, and promote wellness.
- 6) describe various types of meditation, including mindfulness, concentration, compassion and their clinical outcomes on behavior, cognition, and overall health.
- 7) identify interdisciplinary strategies for implementing complementary therapies safely and effectively to improve patient care and mental health outcomes.

INSTRUCTOR

Kent Howard (MA, MBSR-Certified) is an internationally known writer, educator, and instructor of traditional Asian health maintenance practices including tai chi, qigong, Taoist yoga, meditation, and mindfulness stress reduction. He has taught in three universities and was an instructor and board member at the former National College of Oriental Medicine. He is the author of several books and videos and has taught tai chi and mindfulness on a cable network. Mr. Howard spent 12 years living in Taiwan where he researched Chinese traditional medicine, philosophy, martial arts, and contemplative practices. He also teaches workshops in crisis intervention and is a master instructor of Nonviolent Self-Defense.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.